

WHAT IS CLAIMED IS

- 1 1. A method for personal stress monitoring comprising:
2 (a) receiving one or more physiologic indicators;
3 (b) comparing values of the one or more physiologic indicators to
4 corresponding baseline values;
5 (c) determining if, in response to step (b) if the one or more physiologic
6 indicators equals or exceeds at least one preselected threshold condition relative to
7 baseline values; and
8 (d) if at least one threshold condition is equaled or exceeded in step (c),
9 emitting a remedial action corresponding to a highest level threshold condition
10 equaled or exceeded.
- 1 2. The method of claim 1 wherein the at least one threshold condition comprises
2 user profile data.
- 1 3. The method of claim 1 wherein the at least one threshold condition comprises
2 a condition relative to a single physiologic indicator value or a condition relative to a
3 composite of physiologic indicator values.
- 1 4. The method of claim 1 further wherein the one or more physiologic indicators
2 are received via a wireless network device from one or more sensors for sensing the
3 user's corresponding physiologic indicator.
- 1 5. The method of claim 1 wherein a first set of baseline values are generated by
2 training on a set of physiologic indicator values for the user.
- 1 6. The method of claim 5 wherein a second set of baseline values comprise a set
2 of nominal values for a population based on one or more factors including height,
3 weight and gender.

- 1 7. The method of claim 6 wherein the user profile includes values of the one or
- 2 more factors.

1 8. A computer program product embodied in a computer readable medium for
2 personal stress monitoring comprising programming instructions for:

3 (a) receiving one or more physiologic indicators;

4 (b) comparing values of the one or more physiologic indicators to
5 corresponding baseline values;

6 (c) determining if, in response to step (b) if the one or more physiologic
7 indicators equals or exceeds at least one preselected threshold condition relative to
8 baseline values; and

9 (d) if at least one threshold condition is equaled or exceeded in step (c),
10 emitting a remedial action corresponding to a highest level threshold condition
11 equaled or exceeded.

1 9. The computer program product of claim 8 further comprising programming
2 instructions for determining if a remedial action is manually initiated; and retrieving a
3 user selection for said remedial action.

1 10. The computer program product of claim 8 wherein the at least one threshold
2 condition comprises a condition relative to a single physiologic indicator value or a
3 condition relative to a composite of physiologic indicator values.

1 11. The computer program product of claim 8 further wherein the one or more
2 physiologic indicators are received via a wireless network device from one or more
3 sensors for sensing the user's corresponding physiologic indicator.

1 12. The computer program product of claim 8 wherein a first set of baseline
2 values are generated by training on a set of physiologic indicator values for the user.

1 13. The computer program product of claim 12 wherein a second set of baseline
2 values comprise a set of nominal values for a population based on one or more factors
3 including height, weight and gender.

1 14. The computer program product of claim 8 wherein each threshold condition is
2 associated with a remedial action, and wherein the programming instructions further
3 include instructions for selectably overriding a remedial action.

- 1 15. A data processing system comprising:
- 2 (a) circuitry operable for receiving one or more physiologic indicators;
- 3 (b) circuitry operable for comparing values of the one or more physiologic
- 4 indicators to corresponding baseline values;
- 5 (c) circuitry operable for determining if, in response to step (b) if the one
- 6 or more physiologic indicators equals or exceeds at least one preselected threshold
- 7 condition relative to baseline values; and
- 8 (d) circuitry operable for, if at least one threshold condition is equaled or
- 9 exceeded in step (c), emitting a remedial action corresponding to a highest level
- 10 threshold condition equaled or exceeded.
- 1 16. The data processing system of claim 15 wherein the at least one threshold
- 2 condition comprises user profile data.
- 1 17. The data processing system of claim 15 wherein the at least one threshold
- 2 condition comprises a condition relative to a single physiologic indicator value or a
- 3 condition relative to a composite of physiologic indicator values.
- 1 18. The data processing system of claim 15 further wherein the one or more
- 2 physiologic indicators are received via a wireless network device from one or more
- 3 sensors for sensing the user's corresponding physiologic indicator.
- 1 19. The data processing system of claim 15 wherein a first set of baseline values
- 2 are generated by training on a set of physiologic indicator values for the user.
- 1 20. The data processing system of claim 16 wherein user profile data further
- 2 comprises one or more remedial actions associated with a corresponding one of the
- 3 one or more threshold conditions, the data processing system further including
- 4 circuitry operable for selectably overriding a remedial action in the user profile.